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USDA BULLETIN BOARD

Broadcast by Ruth Van Deman, Bureau of Human Nutrition and Home Economics, Friday, April 30, 1943 in the Department of Agriculture's portion of the National Farm and Home Hour over stations associated with the Blue Network.

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Some items from a speech Dr. Henry C. Sherman, Chief of the Bureau of Human Nutrition and Home Economics made yesterday. His subject was "How to be Happy Though Rationed." And he had this to say about dividing our red stamps between meats and fats. "Personally" Dr. Sherman said, "I am satisfied to leave it entirely to your own preference.

"Suppose the Jones family does spend twice as many ration points for meat as for fat, and the Brown family twice as many for fats as for meat. Both families will still be getting a great deal more fat, and a great deal more meat, than the vast majority of mankind, or than we have any strong reason to believe that we need for our highest health.

"So, in the interest of building our health and efficiency to higher levels, we can spend our red ration-points in whatever way each of us likes best. Or we may leave some of them unused and spend that part of our food money for fresh fruits, vegetables, and milk instead."

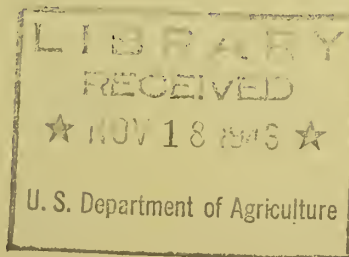
And Dr. Sherman warns: "Don't mind the misleading talk one sometimes hears to the effect that something has gone wrong because the public is 'hoarding' its ration-points. To leave some of your ration points unused is not hoarding. It is helping the Government to save the foods it needs for shipment to our Armies and our Allies overseas so as to win this war as promptly as possible."

Here are Dr. Sherman's four points on how to help us to be happy and efficient though rationed:

(1) Make full use of bread and cereals; (2) Divide your red ration coupons between meats and fats as you personally prefer, or even leave some of these ration points unspent for more generous sharing with our Allies; (3) Learn to like your favorite foods in their natural flavors, so that we will not want to over-sweeten food as we formerly did; and (4) Treat yourself generously to all the fruits and fresh vegetables you like, each in its season when it is at its best and cheapest.

"If we follow these principles, we can advance our own health and efficiency. After the war is won we may find that instead of going back to our prewar food habits, we may go forward in some of the better ones we are now learning."

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